

Health-related quality of life of adults living with HIV in England and Wales: a utility analysis of EQ-5D-5L compared to the general population

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BACKGROUND

The life expectancy and clinical outcomes of people living with HIV is similar to that of the general population when on effective antiretroviral treatment.

We aimed to better understand the mental health and quality of life of people living with HIV today using standard tools for comparison to the general population.



METHODS

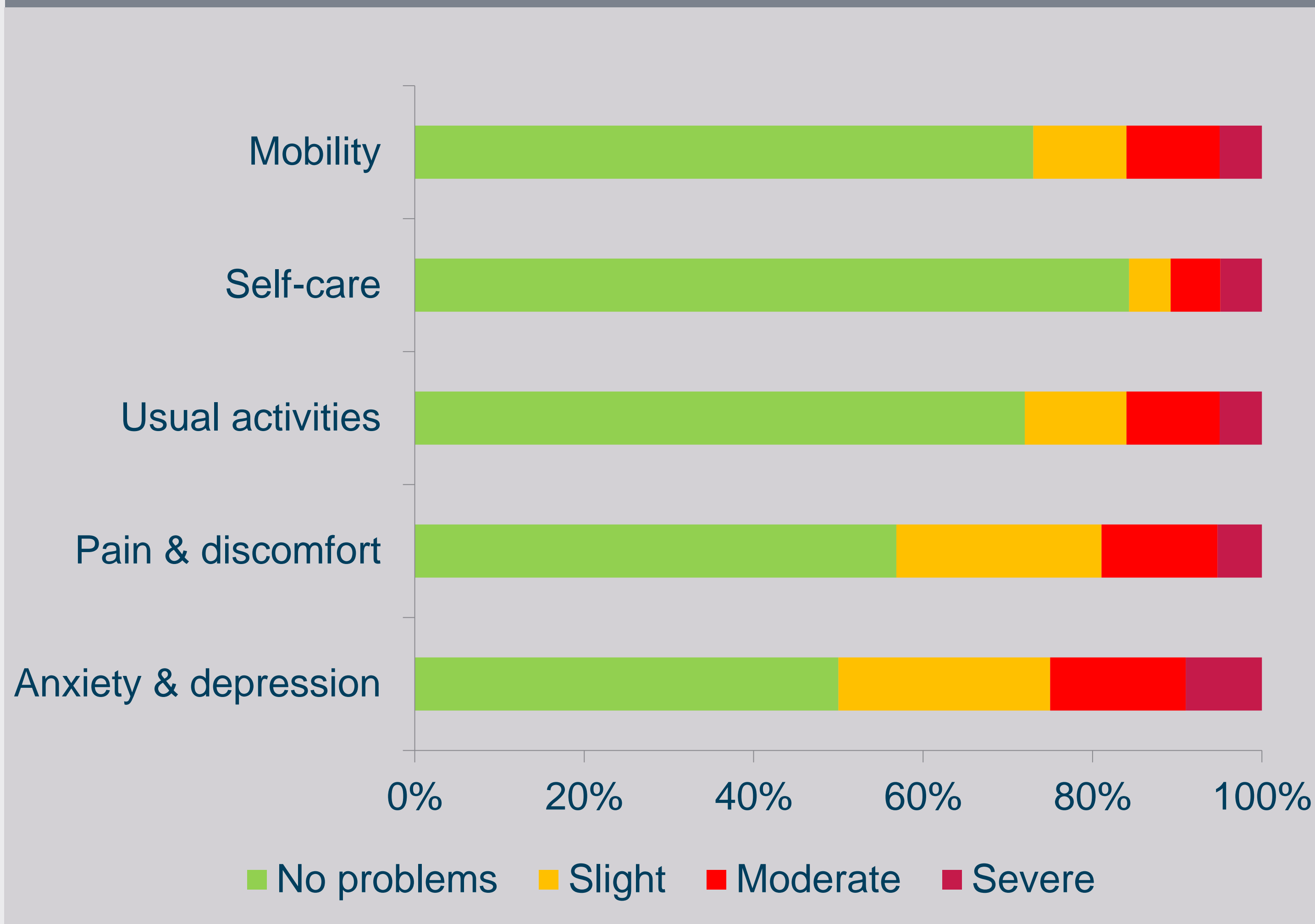
Positive Voices is a cross-sectional, probability survey of people living with HIV and receiving care in England & Wales recruited via 73 HIV clinics between January – September 2017. Participants were randomly sampled from the national HIV surveillance database (HARS). 4,416 people responded (51% response rate).

The survey included a standard instrument - the Euroqol (EQ-5D-5L) which examines 5 domains of mental health and quality of life.

Unweighted utility values were calculated and compared to the recently published EQ-5D-5L values for England¹. Values range from 0 to 1, where 1 represents the best possible health.

RESULTS

Current health-related quality of life and mental health by Domain (Euroqol EQ-5D-5L)

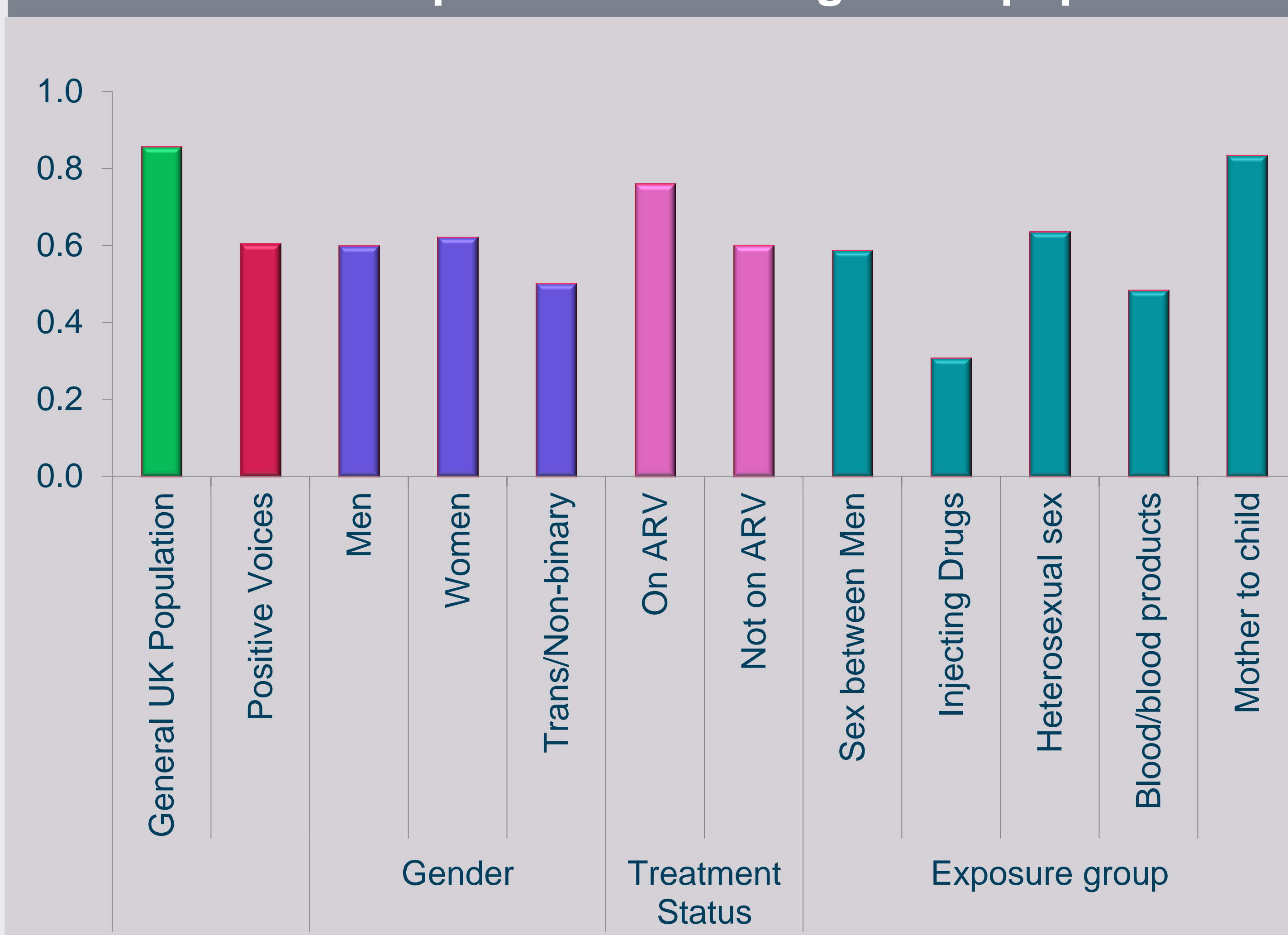


- The most challenging areas affecting the quality of life was pain & discomfort and depression & anxiety: around half of respondents reported some problems.
- The single group with an HRQoL score similar to the general population was people who acquired HIV through mother-to-child transmission (0.834).
- The overall utility score for quality of life (EQ-5D index) of people with HIV in the UK was 0.604, compared to 0.856 in the general population of England².
- People who acquired HIV through injecting drug use had the lowest score at 0.307, followed by people infected through blood/blood products (0.483) and trans/non-binary persons (0.501)

“Once you are diagnosed with HIV your self esteem goes down, your activities decline and I feel that you really need psychological, social and spiritual support for your well being.”

“Having the HIV nurse has made a massive increase to my overall emotional and physical well-being.”

Quality of life (EQ-5D-5L utility scores) for people living with HIV and comparison with the general population



DISCUSSION

Despite near-normal life expectancy and excellent HIV treatment outcomes in the UK, quality of life remains significantly worse than the general population, and particularly poor for trans* and people who acquired HIV through injecting drugs.

Good mental health and pain relief remain important factors in ensuring a good quality of life for people living with HIV.

Health inequalities remain, and a holistic, patient-centred approach to health should be adopted for the care of people with HIV, including programs to address stigma and discrimination.

REFERENCES

- ¹ Devlin, N. J., et al. (2017) Valuing health-related quality of life: An EQ-5D-5L value set for England. *Health Economics*. 2018; 27: 7–22. <https://doi.org/10.1002/hec.3564>
- ² Szende A., et al. (2014) *Self-Reported Population Health: An International Perspective Based on EQ-5D*. Dordrecht: Springer.

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